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“Iron Chefs” Compete at Lowe’s Grove

Students at Lowe’s Grove Middle School in Durham are ready to go for their “Iron Chef” competition this week. The cook-off happens Thursday, May 6 at 3:30 pm at the school.

Students will compete in teams to prepare a stir fry. Judging criteria include taste, appearance, nutrition presentation and food safety. A team of five judges from various backgrounds, including a chef, will determine the winning team.

The event is a fitting finale to a 10-week cooking class series presented by the Citizen Schools afterschool program and staffed by the DINE for LIFE program of the Durham County Health Department. A Durham County grant and the Inter-Faith Food Shuttle provided the ingredients used in the classes. For six of the ten weeks, the students followed the Inter-Faith Food Shuttle’s Share Our Strength’s Operation Frontline curriculum. For these six weeks, students take bags of food home to make the recipes with their families. The DINE for LIFE nutritionists have also worked intensely with the students, teaching them recipe reading, amount conversions, proper measuring techniques, leadership, and teamwork skills.

“These classes have triggered super student response!” claims Ms. Christy Perry, MS, RD, LDN, who started the classes with colleague Kelly Warnock, MPH, RD, LDN. “You can see throughout the series how their interest grows in preparing foods to support better health. The students learn so much more by the hands-on activities and can actually apply their new skills at home.”

Ms. Warnock notes, “As students learn and teach their families more healthful cooking techniques, we hope to ultimately improve overall health, and especially weight status, in Durham.”

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